

Bitter Lake Community Center

Please visit us online at: www.ci.seattle.wa.us/parks



Bitter Lake Community Center
13035 Linden Avenue North
Seattle, WA. 98133
206-684-7524
K1634

Helene Madison Pool
13401 Meridian Avenue North
Seattle, WA. 98133
206-684-4979

Fall 2003 Programs

General Information

Bitter Lake Community Center

Phone: (206) 684 - 7524
TDD: (206) 233 - 7061
Fax: (206) 684 - 0858
Address: 13035 Linden Ave N.
Seattle, WA 98133

Fall Quarter

Registration:

Begins September 4, 2003

Fall Quarter classes **begin** September 15

Fall Quarter classes **end** December 5

**The building will be closed October 6 - 10
for building maintenance.**

Holiday Closures:

November 11	Veteran's Day
November 27	Thanksgiving Day
November 28	Day after Thanksgiving
December 25	Christmas Day

Community Center Staff

Barbara Wade	Center Coordinator
Cynthia Etelamaki	Assistant Coordinator
Debi Belt	Custodian
Joy House	Teen Development Leader
Marc Hoffman	Recreation Attendant
Alicia Fitzner	Recreation Attendant
Tanaia Keyes	High School Intern
Ngoc Nguyen	High School Intern

Advisory Council

Julie Morse	President
Gary Gollier	Vice President
Lucille Getchell	Treasurer

Members:

Margerite Daoura	Herb Getchell
Tom Hollowed	Arlene VanderKlomp
Carol Zwiebel	

Hours of Operation

Mon. - Tue.	1:00 - 9:00pm
Wed. - Fri.	11:00am - 9:00pm
Saturday	10:00am - 5:00pm
Sunday	Closed

Special Events

Spaghetti Dinner

November 8, 2003
5:00 - 7:00pm

Please come join us for dinner at the Community Center. We will have spaghetti, meatballs, salad, garlic bread, marinara and meat sauce. Prepared and served by community teens. Hope to see you there. Proceeds will benefit the bitter lake teen programs.

Toddler Fall Frolic

October 29, 2003
11:00am - 1:00pm
\$2

Bring your toddler to a special day of Toddler Open Gym at Bitter Lake. Along with the usual toys, we will have an Inflatable Jump Toy to play on, Face Painting, Balloons, and refreshments. Cost for this Special Day is \$2!

Friday Family Skate Night

EVERY FRIDAY!!
Beginning Friday, September 5th
6:30 - 8:15pm @ the Annex
\$3 per person

Bring your family for a night of skating fun! Games, prizes, music plus a whole lot of fun. Bring your own skates/blades or use a pair of our skates. The snack bar is open and sells candy, chips, juice and more. Our party room is also available for special events - please call 684-7524!

more Special Events on the next page...

Special Events

Big Pumpkin Bash

13040 Greenwood Ave. N. (The Annex)
Saturday October 25, 2003
2:00 to 4:00pm
For ages 2 - 10

Bring the Family and join the fun!

25 Carnival Games
Face Painting
Candy & Prizes
Moonwalk Jump Toy
Cake Walk

Wear Your Costume!

Special Room for Preschoolers

Family Holiday Movie Night!

Friday, December 19, 2003
It's a Wonderful Life
6:30pm
Adults \$2

Let's remember what the holidays are all about! Bring the family and join us in the gym at the Annex (13040 Greenwood Ave N.) as we watch this holiday classic on the big screen! The popcorn machine will be in full gear and other goodies will be available. Bring your lawn chairs, blanket, bean bag chair – or whatever you want to sit on!

Daddy-Daughter Night Out

Friday, November 14, 2003
6:30 - 9:30pm
\$20 / Couple

This night is just for Dad's and Daughter's to come and enjoy an evening of games, dancing, door prizes and food, and a memorable picture to take home. The theme of the night is sports and having fun together. You will compete against other dads and daughters of the community!

Teen Flashlight Pumpkin Hunt

Thursday, October 23, 2003

Bring your flashlight and dress warm for this fun fall event that will get you in the Halloween spirit! Meet at the center at 7:15, and the Hunt will begin at 7:30 Sharp! The Hunt is for ages 11-16. Prizes!

Holiday Craft Day

Saturday, December 6, 2003
1:00 - 3:00pm
\$10 / Person

Come bring your creativity, glue gun and scissors, to an afternoon of seasonal crafts in a community atmosphere. Craft kits will be on display at Bitter Lake after November 15th for you to see. Younger crafters (10 and up) are welcome.

Parents' Night Out

September 27, November 11, December 13
6:30 - 9:30pm
\$10 per child

It's your turn to take time for yourself and go out for a night. Bring your child to the center for a fun night of activities, and you can go out for dinner, a movie, or both! **Please pre-register by the Wednesday before the date. (Minimum of 8 needed).**

Arab Festival

A music workshop by George Lammam
Friday, October 17, 2003
5:00 - 6:00pm

Join us as we celebrate Arab Festival by learning about and experiencing Arabic music. We are lucky to have Mr. George Lammam, a well-known solo violinist specializing in Arabic style music. Born in Beirut, Lebanon, Mr. Lammam has studied music in both Lebanon and the United Arab Emirates. He has performed all over the U.S. becoming very popular among Arab audiences. Mr. Lammam, accompanied by local musicians, will perform and teach us about Arabic music as we celebrate Arab Festival!

This program is a joint project of the Seattle Center and Seattle Parks and Recreation and funded by the Ethnic Artists Cultural Enhancement Fund.

Winter Wonderland Holiday Concert & Toy Drive

Come to this first time event at Bitter Lake for an evening of entertainment and gift giving. This concert will feature local school and community talent. The date is still to be determined, so keep your eyes out for more information. Or, call the community center after October 1st for the date of the event and more information.

Admission: A wrapped toy

Preschool Programs

Pre-Ballet I

This class is designed to help children tune into their bodies by developing their motor skills, coordination and their ability to follow instruction in a series of fun and challenging progressive exercises that will eventually evolve into the beginnings of Ballet technique. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong

Saturday	11:15am - 12:00pm	
\$60	9/20 - 11/29	Ages: 4 - 5

Drama School classes are all on Saturday mornings. Fall Semester: Sept. 27 - Dec. 13 (Holiday on Nov. 29). Winter Semester: Jan. 10 - March 27 (Holiday on Feb. 14). Advance registration is required. To Register: Please call SCT Drama School at (206) 443-0807

Story Drama

If you have ever wished you could go inside a story book, this is the class for you! Every week we read a different book and explore elements of the story through a acting, art, and interactive, multi-sensory props. Using creative dramatic structure, we bring the book to life. Experience the excitement of drama and working as an ensemble while actively enjoying the best in children's literature. Unique Story Drama Curriculum and book list will be developed specific to the age group of the class. This year *Go! Dog! Go!* will be one of the books featured in our Story Drama classes, to celebrate SCT's mainstage world premiere of this classic story.

Class: #30K	9:30 - 10:30am
\$145	Ages: 4 1/2 - Kindergarten

Just Starting Sports

This class for ages 3 - 6 will introduce your child to the basics of sports. In this intro to sports class, the participants will get comfortable with their body movement and handling of sports equipment at the same time. Skill building and enjoyment are the emphasis of this class for first timers.

Instructor: Zach Wilson

Tuesdays	1:15 - 2:00pm
\$25	Ages: 3 - 6
Session I	9/16 - 10/21
Session II	10/28 - 12/2 No class 11/11

Tumbling and Dance

Basic stretching, movement and floor gymnastics. Students will be offered the opportunity to perform. Girls: leotards or swimming suit and shorts. Boys: short sleeved T-shirt with shorts or sweats. Lots of fun!

Instructors: Narda Elaine

Thursdays	12:30 - 1:30pm
\$70	9/18 - 12/4 Ages: 3-5

Discovery Corner Preschool

Join the fun! Get ready for kindergarten! Make new friends! Learn the alphabet and numbers through play in a creative, loving, & positive environment. Activities include arts and crafts, science, music, gym and outdoor play. A mid-morning snack is provided by parents. Children must have independent toileting skills.

Instructor: Becca Moore

AM

Mon/Wed/Fri	9:30am - 12:30pm
\$145/month	Ages: 3 - 5

PM

Mon/Wed/Fri	1:00 - 4:00pm
\$145/month	Ages: 3 - 5

Discovery Corner Jr.'s Preschool

This class is the perfect early learning and socialization class for your toddler. Arts and crafts, stories, gym play, sharing and more in a positive, creative and nurturing environment. A small snack is provided. Instructor is not required to change pants. Maximum enrollment 10.

Instructor: Becca Moore

AM

Tues. & Thurs.	9:30 - 12:00am
\$90/month	Ages: 2 - 3 1/2

PM

Tues. & Thurs.	1:00 - 3:30am
\$90/month	Ages: 2 - 3 1/2

Creative Movement

Beginners experience the joy of dance, learning basic movement, vocabulary and beginning ballet through fun dances and rhythmic games. Instruction is designed to promote an environment where students work together as a group. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong

Saturday	10:30 - 11:15am	
\$60	9/20 - 11/29	Ages: 3 - 4

Dance and Gymnastics Combo

What form of dance is your favorite? Try them all. Tap, ballet, and novelty jazz in one combo class. Dance attire required.

Instructors: Debbie Saucedo

Tuesdays	12:00 - 1:00pm
\$70	9/16 - 12/2 Ages: 4 - 5

Toddler Open Gym

There are lots of toys and equipment to play with that are safe and a lot of fun and lots of friends to play with too! Please pay for entrance to open gym at the front counter.

Monday	1:00 - 2:30pm	\$1 per child
Wednesday	11:00 - 12:30pm	
Friday	11:00 - 12:30pm	

Youth Programs

School-Age Child Care Programs

This recreational based child care serves youth in grades Kindergarten through fifth. A variety of activities are available to satisfy various interests and age groups. Please call to check on available openings. Information on each specific program follows. Child care programs are at Bitter Lake Annex next to Broadview Thompson School at 13040 Greenwood Ave N 98133.

B.I.G. B.L.A.S.T. Before I Go to School Bitter Lake After School Time School Care

This program includes a range of activities for school-age youth K-5 such as art projects, cooking projects, gym games, outside play, and much more. A light snack is provided. Fees are based on monthly rates. **These fees are effective through December 2003 and will increase January 2004.** Call 684-7524 to ask about openings.

Before School

Days: Monday - Friday

Times: 7:00 - 9:00am

Cost: 5 days/week = \$130
4 days/week = \$110
3 days/week = \$80
2 days/week = \$60

After School

Days: Monday - Friday

Times: 3:10 - 6:00pm

Cost: 5 days/week = \$185
4 days/week = \$150
3 days/week = \$115
2 days/week = \$85

Piano Lessons

Private lessons in 30 minute blocks for beginning or continuing students. Homework will be assigned, so access to a piano or keyboard is essential. Call 684-7524 to arrange a time. There will be a recital at the end of the quarter.

Instructors: Sean Barker & Kevin Johnson

Monday or Fridays

\$105/session

6 classes per session

Pre-Ballet II

This class is designed to help children tune into their bodies by developing their motor skills, coordination and their ability to follow instruction in a series of fun and challenging progressive exercises that will eventually evolve into the beginnings of Ballet technique. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong

Saturday 11:15am - 12:00pm

\$60

9/20 - 11/29

Ages: 5 - 6

These Drama School classes are all on Saturday mornings.
Fall Semester: Sept. 28 - Dec. 14 (Holiday on Nov. 30)
Winter Semester: Jan. 11 - March 29 (Holiday on Feb. 15)
Advance registration is required. To Register: Please call SCT Drama School at (206) 443-0807

Dramatic Adventures

Learn acting skills by immersing yourself in interactive dramatic situations - you'll use role-playing and improvisational technique to create unique adventures and explore intriguing themes. In Fall Semester, we'll explore Fantasy and imaginary worlds, like those found in SCT Mainstage productions like *Time Again in Oz*, *A Wrinkle in Time*, and this season's *The Lion, the Witch and the Wardrobe*. In Winter Semester, we'll delve into the *Mystery of the Haunted House* and *The Hardy Boys in the Secret of Skullbone Island*. Dramatic Adventurers will develop theatrical skills by creating compelling characters, fantastic situations, and exiting stories.

Grades 1 - 2

\$185

Class: #301

11:00am - 12:30pm

Move Over Mozart

Here is a piano program designed especially for kids! Children progress from learning to play simple familiar tunes on the keyboard, along with reading music and music theory, in a fun, interactive group setting. These musical activities not only teach piano playing piano skills, but also promote feelings of accomplishment and self confidence. Children will participate in recital in December. Classes held at Bitter Lake. To register please call (425) 415-6520 or (206) 227-1611.

Wednesdays

\$79

9/17 - 11/26

(+ \$10 annual registration/books/materials fee)

3 - 4 yrs old 5:00 - 5:30pm

5 - 6 yrs old 5:30 - 6:00pm

7 - 8 yrs old 6:00 - 6:30pm

9 - 12 yrs old 6:30 - 7:00pm

Early Childhood Music Classes

Share the joy of music and nurture your child's music development! Come to fun classes filled with songs, rhymes, instrument exploration and movement. Each family receives a CD, tape and lovely songbook filled with ideas to bring the music home!

Instructor: Sarah Nishioka

Sarah brings a conviction that the language of music is a vital component of true education. Her 12 years of teaching experience in pre-schools and home-schools reflects her love of music, dance and art.

Ages: 6mos - 4yrs. w/parent or caregiver

\$95 10 week session

Monday & Wednesday

Tuesday & Thursday

Friday & Saturday

9/15 - 11/22

12:45 - 1:30pm

1:00 - 1:45pm

5:00 - 5:45pm

6:00 - 6:45pm

10:00 - 10:45pm

11:00 - 11:45pm

Youth Programs

KID'sART

Instructor: Susan Sullivan

Susan is an Art Docent for Loyal Heights Elementary school and instructor of their "After School Art Club".

"Meet the Masters"

This art enrichment class allows children to explore their own creativity while learning the basic elements of art and the application processes of different materials. By introducing the "Great Masters" and imitating their techniques, we will create our own masterpieces in pastels, watercolors, pencil and tempera paint.

4 week sessions

Session I 10/1 - 10/29

Session II 11/5 - 12/3

Wednesday Ages: K - 5th grades

\$75 3:30 - 5:30pm

(Price includes all art supplies and snacks.)

KID'sART

presents

KID'sKULTURE!

This fun, informative class weaves multi-cultural arts & crafts, folklore and ethnic foods with celebrations and more! Come discover a new country each week by learning about our diversity and similarities. Parents are welcome to join in the fun or let your child discover our world through their own eyes!

Instructor: Susan Sullivan

4 week sessions

Session I 10/2 - 10/30

Session II 11/6 - 12/4*

Thursday Ages: 4 - 5 years

\$45 10:15 - 11:30am

(Price includes all art supplies and snacks.)

*KID'sART classes do not meet the week of Thanksgiving.

Beginning Floor Gymnastics

Basic stretching, movement and floor gymnastics. Students will be offered the opportunity to perform. Girls: leotards or swimming suit and shorts. Boys: short sleeved T-shirt with shorts or sweats. Lots of fun!

Instructor: Narda Elaine

Wednesday 9/17 - 11/26 Ages: 5 - 9

\$70 4:00 - 5:00pm

Kids Cooking Petit Gourmet

In this fun cooking class, participants will learn the joy of preparing, cooking and tasting creative and tasty dishes. They will learn their way around the kitchen, learn to read recipes and be exposed to a variety of ingredients. Rosangela is a professional caterer who has taught classes to youth and adults for over 15 years.

Instructor: Rosangela Seppela

Monday 10/13 - 12/8 Ages: 8 - 13
\$50 4:30 - 6:30pm

Ballet I

This class picks up where pre-ballet leaves off, continuing the process of harmonizing the dancer's mind and body to the discipline of the art form of ballet as more and more dance vocabulary and technique is introduced. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong

Saturday 9/20 - 11/29
\$70 12:00 - 1:00pm Ages: 6 - 8

Ballet I/II

This class is a continuation of Ballet I, continuing the process of harmonizing the dancer's mind and body to the discipline of the art form of ballet as more and more dance vocabulary and technique is introduced. Please wear a leotard, tights & slippers.

Instructor: Sarah Armstrong

Saturday 9/20 - 11/29
\$70 1:00 - 2:00pm Ages: 8 - 10

Tap/Ballet/Jazz

What form of dance is your favorite? Try them all. Tap, ballet, and novelty jazz in one combo class. Dance attire required.

Instructor: Narda Elaine

Monday 9/15 - 11/24 Ages: 7 - 11
\$70 5:00 - 6:00pm

Intermediate Floor Gymnastics

Learn the basic skills and movement of gymnastics. Gymnastic routines will be taught and students will be given the opportunity to perform. Girls wear leotards and bare feet or gymnastics shoes. Boys wear short sleeved t-shirt with shorts or sweats and bare feet or gymnastic shoes. Teacher approval required.

Instructor: Narda Elaine

Thursday 4:00 - 5:00pm Ages: 7 - 11
\$70 9/18 - 12/4

Dance/Floor Gymnastics II

Basic stretching, movement and floor gymnastics combined with dance instruction.

Instructor: Narda Elaine

Monday 9/15 - 12/1 Ages: 5 - 8
\$70 4:00 - 5:00pm

Youth Programs

Narda and Debbie teach as a team. They offer all of their students the optional opportunity to perform throughout the year. If a student chooses to perform, a reasonable team leotard or costume will be required to purchase.

Baton I

Lead the parade! Don't let baton twirling become a "lost art"! Ex-twirler, with the "Scarlet Lancers", Narda Elaine, will teach technique, appropriate dance moves and march. Batons available for \$2.25 each (or borrow one of ours). Please wear dance attire or short sleeved T-shirt with shorts or sweat pants.

Instructor: Narda Elaine

Monday 9/15 - 12/1 Ages: 7 and up
\$70 6:00 - 6:30pm

Ballet Lyrical/Jazz

Strong technique and Lyrical movements. Routines will be learned and performance opportunities will be offered. Dance attire required.

Instructor: Narda Elaine

Saturday 9/20 - 12/6 Ages: 7 - 11
\$70 1:00 - 2:00pm
or
Wednesday 9/17 - 12/3 Ages: 7 - 11
\$70 5:00 - 6:00pm

Intermediate Hip Hop

Learn all the newest, funkiest moves and even a routine or two for performing. Dance attire required. Teacher approval required.

Instructor: Debbie Saucedo

Thursday 9/18 - 12/4 Ages: 9 - 13
\$70 5:00 - 6:00pm

Jazz Hip Hop

Learn all the newest, funkiest moves and even a routine or two for performing. dance attire required.

Instructor: Debbie Saucedo

Tuesday 9/16 - 12/2 Ages: 6 - 9
\$70 5:00 - 6:00pm

Karate-Butokukan

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

Instructor: Roy Hoard

Mon. & Wed. 9/15 - 11/26 Ages: 7 - 17
\$50 7:00 - 8:00pm Beginners
7:30 - 9:00pm Intermediate/Advanced

Just Starting Basketball

This class is an introduction to the game of basketball for ages 5-7. The emphasis is on skill building and learning the fundamentals of dribbling, shooting, and the rules of the game. The participants will practice once a week and have Saturday scrimmages/games beginning in January. Registration starts October 12th.

Instructor: Phil Falk

Wednesday 12/3 - 1/28 Ages: 5 - 7
\$40 5:00 - 6:00pm & 6:00 - 7:00pm

Youth Basketball 2003

Youth Basketball registration begins on Saturday, October 11th and runs until the age group is full. The youth are placed on teams according to their age as of September 1, 2003. Practices will begin in late November and most games will be played on Saturdays beginning in January. Please bring a copy of your child's birth certificate if there is not one on file at the center.

\$45 (includes jersey) Ages: 8 - 17
\$30 (if no jersey)

Indoor Nerf Soccer

This safe, indoor sport is a great introduction to the game of soccer for the youngsters just starting out in sports. The youth will learn the fundamentals of soccer using a nerf soccer ball. This league is for youth ages 5 - 7. Practices times and days are determined by the availability of the volunteer coach. Games will be on Thursdays at Loyal Heights and Bitter Lake C.C.

\$35 (includes t-shirt) Ages: 5 - 7

Girls Volleyball

Volleyball is a game that can be played and learned with little or no experience. Girls will learn the basics of volleyball in a recreational setting. Practice days and times are determined by availability of the volunteer coach. Practices will begin in September.

\$35 Ages: 10 - 17

Flag Football

This fun sport is for ages 10 - 17. Youth will have fun learning the fundamentals of football in a non-contact environment. Teams are formed by age groups and players will have practices and games beginning in September.

\$35 Ages: 10 - 17

Teen Programs

TAC (Teen Advisory Council)

Wednesday 5:30 - 7:30pm Free

The Bitter Lake Teen Advisory Council is the Hot Line to all your Service hour needs. Whether you need community service hours or an advisor and location for your senior project, the Bitter Lake TAC is the place for you. BLTAC members will learn to organize promote and put on all types of events as well as learn techniques in public speaking, resume writing, personal economics, communication skills, teamwork and influencing others.

Friday Late Nights

Friday 8:30 - 11:30pm \$2

All basketball all night

1st Friday @ The Annex

New release movie shown in the theater /basketball in the big gym

2nd Friday @ The Annex

Group games in the little gym Basketball in the big gym

3rd Friday @ The Annex

Art in the social room Basketball in the big gym

4th Friday @ TBA

How to Survive High School in 10 easy lessons

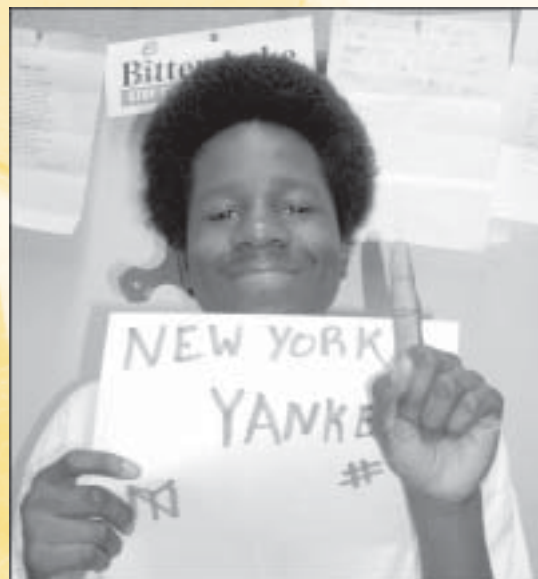
TBA \$30

Think school is killing you? Well think again, this class will help prepare to meet the challenges of high school head on and come out a winner! We will teach study skills, test taking strategies, time management, organizational skills, and much more. Call 684-7524 for more information.

PSAT Training Course

TBA \$40

Ever have that dream where you're taking the SAT and you look at the test and it's all written in Egyptian Hieroglyphs. Well dream no more this class will prepare you for one of the ultimate tests. This is for teens in high school that are getting ready for the SATs tests. We will teach you to utilize your test taking skills in a school like environment. Call 684-7524 for more information.



Girls Volleyball

Ages 10 - 17

\$10

Are you a seasoned volleyball player, or are you just learning? Do you like to play volleyball for fun and want to learn more? Well this team is for you! We will be teaching the basics of volleyball like bump, set, serve, and spike! Have fun while learning.

Hip Hop Improv.:

Drama for the Hip Hop Generation

Wednesdays

3:30 - 5:00pm

\$25

Want to put your Modern vernacular into action? Tell a story through improvisation? Well let your inner Thespian run free! We will work on acting, improvisation, set design stage production and script writing all while updating the classics to current time production. Bring your personal experiences and imagination!

Culture Jam

Fridays

3:30 - 5:30pm

Free

Looking for something new and different? Drop in for these fun and exciting hands on workshops:

African drumming

Capoeira

Stick Dancing

Henna Hands

Belly Dance

Origami

Puppet Making

Mask Making

Poetry Writers Workshop

Teen Programs

Service Learning Projects

Tuesdays 3:30 - 5:30pm Teen Room Free

Do you need community service hours? Well come and learn something fun, learn something new. All while serving the people of your community! We will be doing short term projects like feeding the homeless, trail restoration, and park clean-up as well as longer projects where you can earn up to 25 hours of service learning credit..

Hang Time

Mondays 3:30 - 6:00pm Free

Just so we don't get programmed to death it's a time to just chill nothing expected of you relax, play a game, shoot some hoops, chat or just sit and veg. in front the TV everybody welcome.

Jump Rope Team

AAU Competition

(USAJRF sanctioned)

team forming now Free

Whether a beginner or a pro we want you! Bitter Lake is Starting its own USA jump rope federation team we are looking for jumpers male or female to compete in all categories ages 11-17.

single speed jump | double speed jump
single compulsory jump | double compulsory
double free style | team double free style

Teen Special Events

Teen Quilt Raffle

Sept 9th

This is a fund-raiser for the Bitter Lake Teen Programs. The Needling class has donated a hand-made custom designed twin sized quilt for us to raffle off. Come see it displayed in the trophy case in the lobby. You can purchase your tickets at the front desk, 1 for \$2 or 3 for \$5 raffle to be held on Sept. 9th need not be present to win.

EDD Tourney

Sept. 24, Oct. 1, Oct. 29

2:00pm

Schools out early whatcha gonna do? Come to the Bitter Lake Teen Program tournament time. Pool, ping pong, pickle ball, darts, foosball, 3 on 3, dunk off, or shootouts you call it win prizes.

No School Field trip

Washington state corn maze

October 10

\$5

12:00 - 5:00 pm

This trip include roasted corn, hay ride, pumpkin, and all the roasted pumpkin seeds you can eat!

National Week Without Violence

October 19 - 25

A week of special events! Look for event fliers coming soon!

Teen Flashlight Pumpkin hunt

October 30

Come join us for a night filled with fun and adventures, candy and prizes. Teens only. You find the pumpkins we provide the prizes. Don't forget to bring a bag and a flashlight. Hope to see you there.

Spaghetti Dinner

November 8

5:00pm

Please come join us for dinner at the Community Center. We will have spaghetti, meatballs, salad, garlic bread, marinara and meat sauce. Prepared and served by community teens. Hope to see you there. Proceeds will benefit the bitter lake teen programs.

Winter Ball and Overnight

December 19 - 20

\$10

8:00pm - 8:00am

(\$5 for dance only)

It's the first night of Christmas break so come to dance then stay to play. There will be food a Slamming DJ, basketball, movies, video games, pool, ping pong, pie eating contest, cooking, relay races, contest, prizes, and good times for all. Advanced registration is required.

Adult Programs

Karate-Butokukan

Improve your body and mind through techniques followed in this ancient martial art form. Learn basic strikes, kicks, blocks, and stances. Participants test for the belt rank at their own pace.

Instructor: Roy Hoard

Mon. & Wed.	9/15 - 11/26	Ages: 7 - 17
\$55	7:00 - 8:00pm	Beginners
	7:30 - 9:00pm	Intermediate/Advanced

Jazzercise Continuous Program

The worlds largest dance fitness program combines total body conditioning, the benefits of aerobics with the fun of dance. What sets Jazzercise apart is the choreography by Judi Sheppard Missett. Its easy, fun, and you'll love the results! Each class is one hour long and includes: warm-up, aerobics, toning and strengthening and cool down. It's a total body workout! Please register for each class at the door with the instructor. This class is a rental, not a Bitter Lake Advisory Council operated program.

www.jazzercise.com

Certified Jazzercise Instructors:
Kathy Batson and Sandy Ziegler

Mon., Wed., Fri.	9:30am
Tues., Thurs.	6:30pm
Saturday	9:00am
5 Classes	\$25 (new student special)
Drop in fee	\$7
Monthly passes available	

Drop-In Basketball

During the Fall, we will have open gym on Monday evenings from 6:00 - 9:00pm. Schedule subject to change. Call 684-7524 for an undated schedule.

Adult Tap

Learn the fun style of dance in an adult environment.

Wednesday	6:00 - 6:45pm
\$60	9/17 - 12/3

Beginning ESL

(English as a Second Language)
Dates times: TBD

Beginning ESL class will be offered at Bitter Lake Community Center this quarter. This class is free, thanks to the partnership with North Seattle Community College. Space is limited, please call 684-7524 to RSVP.

La Leche League

Second Friday each month, 10:00 - 12:00noon. This drop-in group is a great source of information and support for mothers who are breast-feeding their children. **FREE.**

Cardio, Strength and Flexibility Training

Join Bitter Lake Community Center for a complete body toning and cardio workout! Each one hour class includes warm-up, low impact aerobics (with high impact options), muscle strengthening exercises, stretching, and FUN. Bring your hand weights (2, 3, or 5 pounds), a towel or a small mat, and a bottle of water.

About the Instructor: France Marien started performing as an acrobatic dancer in 1985. She has performed and given movement workshops across the U.S., in France, and in Canada.

Mon. & Wed.	7:00 - 8:00pm
\$55/session	Held at The Annex
Session I	9/15 - 10/15
Session II	10/20 - 11/19

Acting:

An introduction

Acting is fun, acting is live, acting is a great way to build confidence and enhance your communication skills, acting is art. Discover the joy of acting yourself: Join this introduction class!! You will learn how to develop the fundamental acting skills: listening, playing off your partner, and being truthful on stage. Come discover the actor within and experience the magnificence of theatre. This class is offered in collaboration with Freehold Studio Theatre Lab: the largest private acting studio in the Pacific Northwest!

Instructor John Abramson

John Abramson enjoys teaching introduction classes and he teaches these classes for years at Freehold Studio/Theatre Lab. He also teaches at Cornish College of the Arts and he taught at Seattle Childrens Theatre and the University of Washington. He has performed with Seattle Children's Theatre, Seattle Repertory Theatre, The Empty Space Theatre, Printer's Devil Theatre, Northwest Shakespeare Ensemble, and across the country. He acts, directs and produces with his company Fading Radio.

Tuesday	7:00 - 9:00pm
\$75	9/23 - 10/28

Infant-Child CPR

Saturday, October 4, 2003
10:30am - 12:30pm
Free

Taught by Medic II firefighters, this class is essential for anyone who has contact with infants or small children. Free, with donations to Medic II encouraged. Space is limited, rsvp required.

Adult CPR

Saturday, October 4, 2003
12:30am - 2:30pm
Free

Medic II firefighters will teach this free workshop.

Party with Us!

**Need a place to have a party or business meeting?
Bitter Lake Community Center is available!
Give us a call at 684-7524 and ask for Marc!**

Meeting Space - Prices Vary

Need space for an annual retreat or a monthly board meeting?

- For groups of 15 or less, two hours is only **\$90**.
- For groups of 25 or less, two hours is **\$110**.
- For groups of up to 158, two hours is only **\$130**.

Basketball Rental - \$80 for 2 hours!

Get nine of your best friends and pay just \$8 each for two hours of gym space - all to yourself!

Skate Night Party Room Rental - \$30 for 2 hours!

Perfect for a child's birthday party! You get a private room to eat cake and open presents in and you can roller skate right out of the room and into our Friday Family Skate night! Any Friday evening when school is in session, from 6:30 - 8:30pm. Bring your own skates or borrow a pair of ours. \$30.00 for the room plus \$3.00 per person for skating.

Private Skate Parties

Would your organization or school like to have its own private roller skating party? Bring your own skates or borrow a pair of ours.

- Small: Up to 30 people, **\$50/hour**

Bring your own boom box and skate in our small gym. A staff person will be provided to supervise.

- Medium: 30 to 75 people, **\$75/hour**

Skate in the large gym and use one of our classrooms too. A staff person will supervise and play music on our stereo system. You will provide one responsible adult to help supervise.

- Large: 75 to 200 people, **\$100/hour**

Skate in the large gym and use one of our classrooms as home base. Two staff will supervise and play music on our stereo system. You will provide two responsible adults to help supervise.

Weddings & Large Events - Up to 158 people \$530 for 7 hours!

Hold your event in our beautiful multipurpose room and our full-size industrial kitchen for seven hours. Time to both set up and clean up. This covers a staff person to supervise the building. Hardwood floors, mirrors, and a view of the park and lake. Chairs and tables are included. Additional fees apply if you are serving alcohol. Refundable damage deposits also apply. You can also rent by the hour.

Senior Adult Programs

Senior Dance Ballroom Dancing

Thursdays 1:00 - 3:00pm \$2.50 donation

Step out with the Peptones for our weekly Senior Adult Dance. Enjoy good friends, food, and creative weekly themes. Lucille Getchell is our lovely hostess who puts on a fabulous dance.

The Needlers

A group of needle working seniors from the Bitter Lake area meet at Bitter Lake Community Center to work on their projects. Every second and fourth Tuesday of the month from 12:00 - 3:00 pm. Come and join them and share and enjoy each others company.

REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS 206-233-7138

Recreation Specialist: Stacie Sheridan
Fall Quarter Dates: October 6 – December 19
No Programs: Nov 11, 27, 28

Make-Ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins **Oct 6th**. Class dates/times are subject to change.

Mail class payments to: Sr. Adult Programs, ATT:
Stacie, 8061 Densmore Ave. N, Seattle, WA 98103.
Make checks payable to 'SAAC'

N.W. DIVISION SITES:

Ballard CC	6020 28th Ave NW
Bitter Lake CC	13035 Linden Ave N
Loyal Heights CC	2101 NW 77th St

SENIOR AEROBICS \$18.00 1 day week

Join friendly, low impact aerobics, body strengthening and stretching taught by certified instructors.

S. Sheridan	Mon	9:00 - 10:00am	Ballard
S. Sheridan	Thurs	9:00 - 10:00am	Bitter Lake

SR. BODY CONDITIONING \$22.00

Class is perfect for all fitness levels. Gain strength, greater flexibility, look and feel better. Use dynabands/ free weights for strength conditioning.

B. Ode	Tues	10:45 - 11:45am	Bitter Lake
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FITNESS WALKING & \$18.00 BODY STRENGTHENING

Class includes walking, stretching, strengthening and fun. All to great music.

S. Sheridan	Fri	8:30 - 9:30 am	Ballard
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YOGA & MEDITATION \$22 - 1 day week

Rejuvenate your spirits with yoga! Practice positions to build strength/flexibility while deepening relaxation to improve daily life and the ability to grow and change.

S. Denison	Mon	10:15-11:15 am	Loyal Heights
S. Denison	Thurs	10:15-11:15 am	Bitter Lake

DROP-IN PICKLEBALL Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Tuesdays	10:30-12:30pm	Bitter Lake
Fridays	12:30-2:30 pm	Bitter Lake

LINE DANCING (Begins Oct. 13) \$18.00

Move to the music! NO experience or partner needed. Great for the body and soul. Instructor: Jayla McGill

Tuesdays	9:00 -10:00pm	Ballard
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BALLROOM DANCING \$2.00

Step out with the Pep Tones during a weekly senior dance. Enjoy good friends, food, and weekly theme.

Thursdays	1:00-3:00 pm	Bitter Lake
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INTERMEDIATE BRIDGE INSTRUCTION \$30

Indepth lecture on strategy. Optional playing time after. ACBL Accredited Instructor George Weaver.

Mondays	10:30-12:30 pm	Bitter Lake
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BEGINNERS BRIDGE \$30.00

You've been wanting to learn - here is your opportunity. ACBL Accredited Instructor George Weaver.

Wednesday	10:15am - 12:15pm	Bitter Lake
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BETTER BALANCE & FALL PREVENTION Free

Falling is a major concern. Learn what steps to take to improve balance and prevent falls in your own home and in daily routines. Join Swedish Medical Center's Physical Therapist Irv Arditty. Call 233-7138 to pre-register by Oct 17th.

Oct 30 (Thurs)	10:15-11:15 am	Bitter Lake
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INTERMEDIATE DRAWING \$40.00

Pencils / charcoal, we'll focus on perspective, proportions, and importance of composition. Students enjoy short class demonstrations, and critiques from peers. Instructor: Kathleen McHugh.

Thursdays	10:30-12:30pm	Bitter Lake
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DEEPENING YOUR YOGA PRACTICE \$4.00

Open to all seniors with a minimum of 6 months of yoga experience. This 3 hour workshop will give you an opportunity to appreciate an in depth look at your yoga practice with an emphasis on standing poses and sun salutations. Practice will include appropriate warm ups and stretching of the major muscle groups through familiar asanas and breath work. Come and enjoy!

You must be pre-registered to attend.

Oct 2	9:30-12:30pm	Bitter Lake
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THANKSGIVING DINNER \$8.00

Let us come together in appreciation for all we have. **Hors d'Oeuvres**, a traditional meal and delicious desserts with old and new friends. **Pre-register by November 10, 233-7138.**

Nov 21 Friday	11:30-1:00 pm	Bitter Lake
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Computers

ALL COMPUTER CLASSES MUST BE REGISTERED VIA MAIL.

BASIC COMPUTERS FOR SENIORS \$35.00

All the basic you every need to know. Pre-register and pay for this class in advance, they fill up fast! 4 classes. Instructor: Gayle Rydberg

Oct 13 - Nov 4	Mon	9:00 - 10:30am	Bitter Lake
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Senior Adult Programs

BASIC WORD

\$35.00

Learn the basics for writing and editing. 4 classes

Instructor: Gayle Rydberg

Oct 13 - Nov 4 Mon 10:45 - 12:15pm Bitter Lake

BASIC INTERNET

\$35.00

What is e-mail? Learn basics of the Internet. Discover how the Internet works. The class includes interactive discussion and hands-on practice. 4 classes.

Instructor: Gayle Rydberg

Oct 14 - Nov 4 Tues 9:00 - 10:30am Bitter Lake

E-MAIL FOR SENIORS

\$35.00

E-mail is a great way to stay in touch with friends and family! Learn the basics of sending/receiving e-mail, and sign up for a free e-mail account. Class includes interactive discussion and hands-on practice. 4 classes

Instructor: Gayle Rydberg

Oct 14 - Nov 4 Tues 10:45-12:15pm Bitter Lake

HELPING HANDS /HIKES & WALKS

An opportunity to give back to our wonderful Seattle Parks. Simple, 1 hour, non-strenuous work/socialize. Bring sack lunch. We provide drinks & treat. Register, 233-7138, Sept24, 8:00 am. Name which parks you'll be assisting with. Van pick-up: Ballard. Tuesdays

Oct 28 10:15-1:30pm Carkeek Park

Nov 4 10:15-1:30pm Carkeek Park

Dec 9 10:00-2:00pm Atlantic St Nursery

DELIGHTFALL HIKES & WALKS

Register: call Sept 24, 8am at 233-7138. Walk at your own pace for up to 1 hour & 15 minutes. Wear all terrain shoes. Please name the walks you'll attend. Rain or shine! Lunch on your own, except on Oct 28 please bring a sack lunch..

TIME: 10:15am - 3 pm.

Van Pick-Up: Ballard CC.

Walks \$5.50 pd in advance.

CORN MAZE easy (\$4 at the gate) Oct 8 (Wed)

RATTLESNAKE LK easy Oct. 15 (Wed)

GREEN RIVER easy/moderate Nov 5 (Wed)

PHANTOM LAKE easy/level Nov 19 (Tues)

KAYAK POINT moderate Dec 3 (Wed)

TRIP REGISTRATION INFORMATION

***MAKE CHECKS PAYABLE TO: SAAC**

***MAIL CHECKS TO:** Senior Programs, Att: Stacie, 8061 Densmore Ave. N., Seattle - 98103

Trip Registration: Register by calling 233-7138 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll ONLY be called back if you're on the Wait List. ***PAYMENT must be received 5 working days PRIOR to departure. Trips are on Wednesdays unless noted.**

PICK-UP SITES:

Ballard CC 6020-28th NW

Bitter Lake CC 13035 Linden Ave. N

(*Bitter Lake please park your car on the upper road)

Loyal Heights 2101 NW 77th

South Bound Trips: Bitter Lake- leave 30 minutes, Loyal Heights 15 min before time listed, Ballard time listed

North Bound Trips: Ballard 30 min early Loyal Heights 15 min early, Bitter Lake time listed.

Vans will only wait for late people for 5 minutes.

THE KIRKLAND PERFORMANCE CENTER PRESENTS EVITA | \$21.00

Argentina's controversial First Lady Eva Peron - saint to the working-class, reviled by the aristocracy and mistrusted by the military. Enjoy exuberant Latin, pop and jazz. Lunch on your own at Kirkland's waterfront. Sunday performance.

Oct 5 (N bound) 11:30-5:30pm Reg: Sept 23rd

FALL TRAIN TO RAINIER | \$8.50

Fall foliage here we come! Whistle at Mt. Rainier and let off steam by Mineral Lake. Enjoy the 1½ hour trip from Elbe to Mineral Lake. Bring a sack lunch to eat before we board. Admission \$10.50 at the door.

Sunday Oct 12 (S-bound) 8:30 -4pm Reg. Sept 22

EARTH SANCTUARY | \$13.50

Commune with nature in a very special, spiritual place. A beautiful trail through environmental artworks, ponds, a labyrinth and more. Wear good traction shoes. Lunch & time on your own Langley. \$7.00 at the door.

Wed.Oct 22 (N-bound) 8:30-4pm Reg: Sept 30

TACOMA IS SWIMMING IN ART | \$6.00

Check out their new art museum and then an impressive new display at the Glass Museum. \$11.00 admission and lunch on your own. Wed trip.

Oct 29 (S bound) 9am-4:30pm Reg: Oct 7

ISLAND WOOD NATURALLY | \$11.00

Back by demand and an entire afternoon this time. Hands-on experiences that link science, technology, and the arts in a natural setting of Bainbridge Island. Dress for weather and walking shoes. Lunch on your own in Winslow. Thursday trip.

Nov 6 (S bound) 10 - 5:30pm Reg. Oct 21

WHATS NEW IN SEATTLE? | \$4.00

Seattle has a new opera house - McCaw Hall. Lunch on your own. Wednesday trip.

Nov 12 (S-bound) 10:00 -1:00pm Reg: Oct 14

BRIGHT LIGHTS ON THURSDAY | \$7.00

The new Tulalip Casino provides fun and great food. Then onto the incredible Warm Beach for a dazzling display of holiday lights. There is outdoor walking on this trip and dinner is on your own.\$6.50 at the door.

Dec 4 (N bound) 1:00-7:45pm Reg Nov 4

ANTIQUE SNOHOMISH | \$7.00

Experience real antique stores and charming shops in Snohomish. We will also drive around and see the Victorian home Then onto Molbaks for an impressive display of poinsettias. Lunch on own.. Wednesday trip

Dec 10 (N-bound) 9:30-3:00pm Reg: Nov 18

3-COURSE HOLIDAY MEAL | \$3.50

South Seattle Community College's exquisite holiday feast. Include a separate check for \$17.95 payable to the SSCC. Payment must be received by Nov 4. Fri trip.

Dec 12 (S-bound) 11:00-2:00pm Reg: Oct 28

Helene Madison Pool

Madison Pool Closure

We will be closed from August 11, 2003 to January 2, 2004

Why we will be closed for so long?:

- There is a one week Budget Closure
- There will be a 2 week Preventative Maintenance Closure
- The remaining time will be spent on a Capital Project Closure which will include the following:
 - Replacement of the Heating and Ventilation System
 - Replacement of the Domestic Plumbing
 - An added Family Changing Room off the Lobby Area
 - Conversion of Restroom into Unisex Restroom in the Lobby Area

We are sorry for any inconvenience. The other City of Seattle pools are open during our closure and you may access pool information on the Seattle parks Department web site at www.cityofseattle.net/parks. We plan to re-open on Sunday, January 4, 2004. Call (206) 684-4979 for updates regarding this closure or to leave a message concerning any other pool business. We have included our winter lesson schedule so you can plan ahead.

We are excited to be back in business to serve our loyal Patrons. Thanks for your cooperation and understanding. We look forward to seeing you in 2004. Happy swimming and Happy New Year!!

HELENE MADISON POOL

13401 Meridian Ave N

Seattle, WA 98133

(206) 684-4979

Kinder Lessons

Water adjustment and basic skills for the child 4 to 5 years old. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Monday & Wednesday	1:30 - 2:00pm
Monday	6:00 - 6:30pm
Tuesday	1:30 - 2:00pm
Wednesday	6:00 - 6:30pm
Tuesday & Thursday	5:30 - 6:00pm
Sunday	3:00 - 3:30pm

Tot Lessons

This class helps introduce your child (6 months to 4 years) to the pool. Emphasis is placed on your child learning to relax and become comfortable in this new environment. Basic swimming skills and water safety are taught.

Tuesday	6:30 - 7:00pm
Thursday	6:30 - 7:00pm

Adult Lessons

All levels of instruction for ages 14 and older. Lessons are structured around the needs of class participants.

Monday	7:00 - 7:30pm
Wednesday	7:00 - 7:30pm

Special Pop Lessons

These classes are for children with special needs.

Mondays	5:30 - 6:00pm
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Advanced Youth

These classes teach advanced skill and endurance through Levels 5, 6, and 7. Classes are held in deep water for children ages 6 to 13 years old.

Monday	7:00 - 7:30pm
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Beginning Youth

This lesson format provides a steady progression of classes for youth ages 6-13 that builds skills, teaches safety, and encourage fitness. They progress through four levels.

Monday	6:30 - 7:00pm
Tuesday	2:00 - 2:30pm
Wednesday	6:30 - 7:00pm
Tuesday & Thursday	5:00 - 5:30pm
Tuesday & Thursday	6:00 - 6:30pm
Sunday	2:30 - 3:00pm
Sunday	4:30 - 5:00pm

A minimum of 4 students is required for all youth swimming classes.

Swim Team Prep

Competitive swimming skills and endurance training for youth with advanced swimming skills. This class focuses on the four competitive strokes; butterfly, backstroke, breaststroke, and freestyle.

Tuesday & Thursday	6:00 - 6:30pm
Thursday	2:00 - 2:45pm

1 to 1 lessons

Private instruction is available to adults and children. Call the pool cashier for further information. The cost of 1 to 1 lessons is \$22.00 per half an hour.

Wednesdays	5:30 - 6:00pm
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Lesson registration information is on page 15

Helene Madison Pool

Winter Schedule for 2004

January 2nd – March 26th

Session I Registration is Tuesday, January 7th at 7:00 PM

Class	Day	Time	Dates	Classes	Fee
Tots (Birth to 4 years)	Tuesday	6:30 - 7:00pm	Jan 13 – Mar 23	11	\$44.00
	Thursday	6:30 - 7:00pm	Jan 15 – Mar 25	10	\$40.00
1 on 1 lessons	Wednesday	5:30 - 6:00pm	Jan 14 – Mar 24	*	*
Kinders (4 - 5 years)	Mon & Wed	1:30 - 2:00pm	Jan 12 – Feb 11	9	\$36.00
	Monday	6:00 - 6:30pm	Jan 12 – Mar 22	9	\$36.00
	Tuesday	1:30 - 2:00pm	Jan 13 – Mar 23	11	\$44.00
	Wednesday	6:00 - 6:30pm	Jan 14 – Mar 24	10	\$40.00
	Tue & Thurs	5:30 - 6:00pm	Jan 13 – Feb 12	9	\$36.00
	Sunday	3:00 - 3:30pm	Jan 18 – Mar 21	5	\$20.00
Youth: Levels 1-4	Monday	6:30 - 7:00pm	Jan 12 – Mar 22	9	\$36.00
	Tuesday	2:00 - 2:30pm	Jan 13 – Mar 23	11	\$44.00
	Tue & Thurs	5:00 - 5:30pm	Jan 13 – Feb 12	9	\$36.00
	Tue & Thurs	6:00 - 6:30pm	Jan 13 – Feb 12	9	\$36.00
	Wednesday	6:30 - 7:00pm	Jan 14 – Mar 24	10	\$40.00
	Sunday	2:30 - 3:00pm	Jan 18 – Mar 21	5	\$20.00
	Sunday	4:30 - 5:00pm	Jan 18 – Mar 21	5	\$20.00
Advanced Youth	Monday	7:00 - 7:30pm	Jan 12 – Mar 22	9	\$36.00
Swim Team Prep	Tue & Thurs	6:00 - 6:30pm	Jan 13 – Feb 12	9	\$36.00
	Thursday	2:00 - 2:45pm	Jan 15 – Mar 25	10	\$40.00
Special Populations	Monday	5:30 - 6:00pm	Jan 12 – Mar 22	9	\$36.00
Adults	Monday	7:00 - 7:30pm	Jan 12 – Mar 22	9	\$36.00
	Wednesday	7:00 - 7:30pm	Jan 14 – Mar 24	10	\$40.00

Session II Registration is Thursday, February 12th at 7:00 PM

Kinders (4 – 5 years)	Mon & Wed	1:30 – 2:00pm	Feb 16 – Mar 24	11	\$44.00
	Tue & Thurs	5:30 – 6:00pm	Feb 17 – Mar 25	12	\$48.00
Youth: Levels 1-4	Tue & Thurs	5:00 - 5:30pm	Feb 17 – Mar 25	12	\$48.00
	Tue & Thurs	6:00 - 6:30pm	Feb 17 – Mar 25	12	\$48.00
Swim Team Prep	Tue & Thurs	6:00 - 6:30pm	Feb 17 – Mar 25	12	\$48.00

- No Lessons on January 19th, Martin Luther King Jr. Day
- No Lessons on February 4-6 due to Seattle Public Metro Swim Meet
- No Lessons on February 7th, Issaquah Swim Meet
- No Lessons on February 15th, West Seattle YMCA Meet
- No Lessons on February 16th, President's Day

* Private 1 on 1 lessons are scheduled with the cashier on an availability basis. The lesson fee is \$22.00 per class.

Registration Procedures

1. Registration (for most classes) continues until they are full.
2. Pre-Registration is required for all classes.
3. Registration can be made by phone, mail, or in person and must include complete payment with checks, money orders, or VISA/MASTERCARD. Checks should be made payable to Bitter Lake Advisory Council (BLAC) #27
4. Class size is limited and will be filled on a first-come first-served basis.
5. Classes not reaching a minimum enrollment may be canceled.
6. Fees apply to the cost of instruction, supplies, and equipment unless otherwise noted.
7. Some classes allow individuals to register in the middle of the session with a pro-rated fee.
8. Contact the center for more information.
9. **Scholarships are available.**

Policies and Procedures

ADA Compliance

Accommodation will be made upon request for persons with disabilities. If you need sign language, interpretation, auxiliary aids, or other accommodations, please call 684-7524 or (TDD only) 233-7061. If possible please allow ten working days advance notice for sign language interpretation or auxiliary aid. If a class or activity is scheduled in an area that is not barrier free for wheelchairs we will make every effort to help you find a similar program in an accessible location.

Advisory Council

Make a difference! Join a team of devoted community members who are dedicated to promoting cultural, educational, and athletic programs. This volunteer group works closely with the Parks and Recreation staff to provide the necessary support needed to improve programs. If you are interested in joining the Bitter Lake Advisory Council, please call us at 684-7524. New members are always welcome!

Fees and Charges

The programs and activities listed in this brochure are provided by the Bitter Lake Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to offset the costs of these programs. The Advisory Council fees listed here include \$1 per class fee, which is paid to the Department of Parks and Recreation for each adult registered in a program; or 41.30 PER PARTICIPANT PAID TO THE Department for each athletic game as applicable. The Department uses the latter funds to defray the overall operation expenses. Class and program fees listed in this brochure include sales tax where applicable in accord with current provision of the State Tax Code enacted by the State Legislature.

Non-Discrimination

As a matter of policy and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280)

Refund Policy

It is the policy of the Recreation Programs Division to make a full refund to participants who register for a program that is canceled by the Department for any reason. If a participant drops a class or program prior to the second session of a series, they will be charged for the class taken plus \$1 or 10% of the fee, whichever is greater will be retained. This service charge is to offset the Advisory Council's cost in handling the refund. If a participant drops a class or program after the second class of a series, no refund will be given.

Scholarships

Scholarships are available, as funds allow, for all programs through the Bitter Lake Advisory Council. Application forms are available at the center or call 684-7524 for more info.

Volunteers

There are a variety of volunteer opportunities at Bitter Lake Community Center for people of all ages.

Upcoming volunteer opportunities include:

Volunteer Coaches for youth sports programs (softball, t-ball, track, etc.)

Service hours for high school credit

Other opportunities...just ask us!